

PRESIDENT DOUG KIRK'S LETTER: GO RIDE YOUR BIKE—THOUGHTFULLY

Yes, we had to cancel KBC's regular club rides, but this doesn't mean you shouldn't go ride your bike. Why am I telling you to go ride your bike after KBC cancelled all club rides and every race or tour scheduled the next few weeks is cancelled? Glad you asked.

Club rides get big. Races get bigger. Anyone can be there, including people you don't know—or don't know well. It's spring-time, and people's group riding skills can be rusty. But plenty of people have been training indoors and are itching to try out their new fitness trading pulls at the front of a fast-moving pack. Lots of opportunity for snot and sweat and spit to fly around, and plenty of relatively close contact with a whole bunch of people.

It's pretty difficult to rationalize a bunch of people who don't know each other all that well wheezing and panting around one another for a while just now.

But that doesn't mean you shouldn't ride. It means you need to think about what kind of riding you ought to do. Riding your bike is healthy. Fresh air and sunshine (if you're lucky) are good for you. Exercising your aerobic engine is good for you.

More importantly, riding your bike is bound to bring back that cycling *joie de vivre* you know so well and shove the current angst about the virus to the back of your mind. A little emotional pick-me-up is a really good thing right now. You'll feel better. You'll sleep better.

Assuming you feel healthy I can't think of a good reason not to go out for a ride by yourself if the roads and the weather are passable. The same is true for riding with a few close friends/riding partners/significant others. Sure, remind everyone about being careful about where and when they blow their nose or spit. And sure, keep the group small so people can maneuver out of the paceline whenever.

And I hasten to add that since there are no races or club rides coming up, there is literally NO good reason to be working hard on the bike. But there are two really good reasons to ride slow. Back in the days before fat-tire races, before mountain bike races, and before gravel races, early spring was base-miles season. All we did this time of year was go ride easy miles—the more the better.

How slow is slow enough? You should be able to speak in full, complete sentences easily the whole time. If you train with a heart rate monitor, zone 1 all the time. I guarantee you that if you go out and ride slow for all your rides over the next 6 weeks,



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SPECIAL POINTS OF INTEREST

- Do you take pictures? Send some cycling pics for inclusion in future PedalPress issues!

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President's letter continued:

you'll be amazed at how fast you can go once you are free to fly the coup.

Here's the other reason. You need to keep yourself and your immune system in top condition right now. When you ride easy, you come home feeling more energized than when you left. You get all your bodily systems running smoothly and you build your aerobic base. If you train hard, you are exhausted afterwards and until you recover, your body is weaker and more susceptible to all sorts of illnesses. Not a good thing.

So take care of yourself. And go ride your bike. Carefully. Thoughtfully. Happily.

Kal-Tour—Scheduled for June 28

As I write this in late March, uncertainty about many aspects of our daily lives is prevalent; there are also signs of spring: bulbs sprouting, frogs croaking, and birds gathering twigs. It's also time to get ready for the riding season even if that means riding alone (which I plan on doing after this article gets written).

KalTour 2020 is scheduled for Sunday June 28, and we hope it will take place as scheduled. Registration is open on the club website. However, because of the uncertainty of planning at this time, **the early registration pricing deadline is being extended from April 30 to May 31**. KalTour pricing (with the \$5 KBC member online discount) of \$20 for individuals and \$40 for families (two adults and minor children) will be available until June 1.

Last year we held the first KalTour gravel ride, and the gravel course returns again in 2020. Also returning is the popular guided family ride from Schoolcraft to Prairie View County Park. Other distance options include the "Around the County" century, a 62 mile (metric century) course, and 31 mile and 15 mile loops. Starting and finishing location for KalTour will be Schoolcraft High School, which is just a half mile off US 131 at the north end of Schoolcraft. Gravel riders will head west to quickly reach a gravel road network extending into Cass County. The other routes head into the open country east of Schoolcraft.

Which is more important: riding or eating? KalTour has both with sag stops on the longer rides and lunch at the end of the ride. Sag stop menus include fruit, cookies, trail mix, peanut butter sandwiches, bars, and sports drink.

Watch the KBC site for updates and, as much as possible, keep riding!

Mike Krischer

NEXT KBC CLUB MEETING IS SCHEDULED FOR APRIL 14 @ 7:00 P.M. AT SHAKESPEARE'S PUB; TOP FLOOR, BACK LEFT. FREE POPCORN AT THE BAR. WATCH THE KALAMAZOO BICYCLE CLUB DISCUSSION GROUP ON FACEBOOK AND THE WEBSITE FOR UPDATES.

KBC Meeting Notes—March 10, 2020

Finance report, Pam Sotherland:

PREVIOUS BALANCE CASH (PNC Checking + PayPal) ACCTS: \$11,437

Monthly RECEIPTS (Cash In): \$931

Monthly EXPENSES: \$2,778

CURRENT BALANCE CASH ACCOUNTS: \$9,590

TOTAL DESIGNATED FUNDS: \$6,769

Education Fund: \$6,209

Jeremy Smith Fund: \$560

TOTAL ENCUMBERED EXPENSES: \$2,890

KRVT Pledge: \$1,000

Race Team: 2021 Pledge: \$1,000

Repair/Air Station for Portage: \$890

(\$1,450 less Jeremy Smith Fund)

CERTIFICATE OF DEPOSIT: \$6184

EXECUTIVE COMMITTEE (EC) REPORTS:

Vice President: Paul Sotherland

Discussed construction to be aware of as cyclists: Oakland from Howard to Parkview, Cork Street from Lovers to Sprinkle, and 8th Street is closed from ML to KL Ave.

DIRECTORS REPORTS:

Education: Paul Wells

The Education committee met prior to the KBC Meeting.

League Cycling Instructor (LCI) Training is in progress. Paul Seldon, Paul Wells, and Renee Mitchell are working on this effort. Renee will conduct a 6 hour Smart Cycling session at the beginning of May in Portage. This will likely take place on a Saturday and there will be classroom portions as well as time on the bike. Following this session will be the actual League Certified Instructor training organized by League of American Bicyclists and League of Michigan Bicyclists. The LCI training will most likely be in September. Individuals that get this training, would become certified cycling instructors for safe legal cycling. When Paul asked how many individuals would be interested approximately 4 raised their hands. More detailed information will be coming.

Another question as posed to the group inquiring if individuals would be interested in *CPR training*. 4 attendees raised their hand showing they were already certified, approximately 15 people raised their hands that they would be interested in participating in the 3 hour CPR class.

Bike Camp had 4 people registered as of 3/10/2020 and it is still very early. Brochures have been distrib-

ATTENDANCE

| | | |
|------------------|----------------------|-----------------|
| Kevin High | Alayna Metty | Paul Seldon |
| Shaun Ballard | Renee Mitchell | Pam Sotherland |
| Stacie Ballard | Dariush Moradinezhad | Paul Sotherland |
| Clark Bennett | Terry O'Connor | Bill Surna |
| Laurie Bennett | John Olbrot | Gordy Vader |
| Carolyn Douglass | David Riggs | Paul Wells |
| Dan Goldberger | Paul Runnels | Rick Whaley |
| Barb Hart | | |

KBC MEETING NOTES CONTINUED — MARCH 10, 2020

uted to the YMCA, bike shops, sporting goods stores, etc.

KalTour: Mike Krischer

It has been suggested to have the main meal at the end of the ride, it would solve the problem for gravel and shorter routes where there isn't currently a common lunch stop. A KalTour meeting will be happening in the next month. A reminder this is taking place the last Sunday in June, June 28.

Ride Captain: Gordy Vader

A policy was discussed that group rides would be canceled if there is a tornado watch, tornado warning, severe thunderstorm warning, and/or lightening. This will also be posted to Facebook to help bring clarity to when rides are happening.

OLD BUSINESS

Work Station for Texas Township Park

The work station for Texas Township Park has arrived and it will be installed soon. There will also be a plaque on the work station stating it was donated by KBC.

ANNOUNCEMENTS

W Ride: Rick Whaley

For those who do not enjoy riding North or South, this is the ride for you! Saturday, May 2, 2020, Rick will be leading the W ride, a 48 mile ride on W Ave beginning at the high school in Vicksburg.

Wine, Women, and Wheels: Stacie Ballard

Lauren Cummings (works at Pedal and is one of the ride leaders for the 17-19mph Tuesday PWR ride) is putting an event on for women at Pedal on Wednesday, March 25 at 7pm called Wine, Women, and Wheels. There will be a session on fixing a flat and time to hang out and build community amongst all the female cyclists. She posted about this event on the KBC Facebook so feel free to check it out there!

Fruit Belt Trail Meeting: Paul Sotherland

Paul attended this meeting in Oshtemo. The planning commission approved to pursue funding. This funding allows for more planning. The Fruit Belt route is an old railroad that would have a similar surface to the Kal-Haven Trail. Paul shared that if others in KBC attend these meetings it would be really helpful to know that people in the audience support the trail, show up to meetings, and show your support.

Ride Leader Sanctioning: Paul Sotherland

Anyone interested in being a Sanctioned Ride Leader for the 2020 season should fill out the form on the KBC website and attend a club meeting to be sanctioned. Paul sanctioned ride leaders who previously completed the form before the end of the meeting.

THE W AVE RIDE IS COMING—MAYBE!

It is now a time of lockdowns, of social distancing, a time of endless solo riding, a time of endless wall staring. And is there something, anything, to look forward to, that just might brighten our now dreary existence? Why, of course there is, the W Ride! (Maybe.)

This year's 21st annual W Ride is (tentatively) scheduled for Saturday, May 2 at 9:00 A.M. from the east parking lot of Vicksburg High School. And where will we go? Could the letter "W" have something to do with this? Read and learn.

Since this is an even numbered year, the route will be the Non-Classic W Ride Route. This means that after we leave the parking lot, we will turn left and enjoy the W Avenue experience all the way to Calhoun County. Then, we'll turn around and retrace our steps, so to speak, on the other side of the road all the way back to Vicksburg. We'll stop at the Shell station to replenish vital salt and sugar nutrients and then it will be on to the Van Buren County line via (of course) W Avenue. Finally, we will ride back to the Vicksburg High School parking lot, where tasty Gatorade and snacks are ours for the taking. Forty-eight miles of wholesome W Avenue riding goodness.

Superfluous maps, as always, will be provided. The Ride Leader will lead a group averaging about 15 to 17 mph, but the RL is confident that other groups will be there, as well.

So, take advantage of the glorious weather that is always a part of the W Ride and join the RL for a day (and a letter) that you will always remember. However, since there is always that possibility that it will be raining viruses, this ride may have to be postponed. This will be determined shortly before the date that we have already rushed to mark on our calendars.

Rick Whaley, W Ride Leader



Accurate, but impractical W Ave. Map examples!



KBC Club Statistics — Check for your name here!

Total Memberships: 346 — Total Individuals: 571

April Expiring Members: Ethan Alexander; Jeff & Stacy Baas; Michael Barnett; Russell Bertch; Heather Boersma; Julie Bradford; Lisa & David Brown; Sharon Brown; Tory Cane & Family; Lauren Cummings; Andrea & Don Fore; Dan & Sandra Frazier; Michael & Jonathan Frey; Marc Irwin; Jackie Killmer; Jim Kindle; Ann LaPoint & Family; Katie Little; Shane Muller; Jacob Nash; Doug Peot; Sharon & Tom Powell; Roger Pozeznic; Alec Schau; Bob Schuler; Pam Stinchcomb; Patrick Tkacz; Jeffrey Williams; Carolyn Wyllie

New or Renewed Members: Nikki Bradshaw & Family; Mike Connelly; Pat Cronin & Family; Tom Cross; Dave DeBack & Family; Kevin & Karen High; Ed Maring & Family; Tim Mitchell; Dianna Nance; Allie Rowe; Rick Rumsey & Family; Kurt Sherwood; Mike & Sharon VanderMuelen; Mark Veihl; Kim Wier

Cl

From the Way-Back Files! (submitted by Mike Peterson)

Here are some old photos of an event from February 1981. It the Roller Races sponsored by Cycle City as reported in the newsletter. The photo slides from the event are dated February of 1981. I'm not sure who took the photos; I presume it was Phil or Jini Caruso since I received them with all their Pedal Press newsletters. I'm not sure who the people are in the photos either, but I'm sure there are still people around who will recognize them. Maybe Gordy Vader or Terry Florian will recognize the riders!



From Paul Wells, Bike Camp Chair:

The Bike Camp Committee is ready to rock and roll Bike Camp. We are all dressed up with nowhere to go. We have suspended registration until we know we are on the downside of the coronavirus. As of now we have not yet cancelled Bike Camp. We will keep you posted.



From Paul Wells, Education Committee Chair:

The KBC Education Committee met prior to the KBC general meeting on March 10th to decide on projects that we will put together for 2020. We hope that we will be back to regular KBC rides and other activities soon, but of course we are on hold for now.

We are continuing our “Give Them Five To Keep Them Alive” yard sign and bumper magnet campaign, as long as Kalamazoo, Portage, Oshtemo, and Kalamazoo Township continue their five-foot bicycle passing ordinances. The five foot passing laws are still valid, as they are more stringent than the State of Michigan three-foot passing law. If you have a yard signs and magnets, get them back out there. We must continue to remind drivers that cyclists are back out, riding more than ever, and we need ample negotiating room, especially in the spring, with leaves, sticks, potholes, and other debris along the shoulders of the roads. If you need a yard sign or bumper magnet, the bike shops have them (as long as they remain open) or contact me at educationchair@kalamazoobicycleclub.org. We’ll make a plan to get them to you.

KBC Education is helping organize a League Certified Instructor training plan. This program of the League of American Cyclists educates cyclists to be cycling educators who can provide cycling safety training in the community. Bicycle Friendly Kalamazoo, the Chain Gang, the League of Michigan Bicyclists and KBC are working together to put this training in the Kalamazoo area this year. The LAB charges for this weekend course, and requires a one-day Smart Cycling prerequisite. KBC will pay for a number of KBC members to do this course. More details to follow, at a later date, when we are able to do scheduling.

Doug Kirk, Paul Sotherland, Zolton Cohen, Dan Goldberger, Mike Jones and I are creating an emergency response protocol written training plan that you will see on the KBC website soon, and which will be presented at a future KBC meeting. Again, we hope sooner rather than later. And finally, we will have, yet this year, a KBC CPR training class for ride leaders and any other interested KBC members. We think it is wise, as we age, to know we have capable friends out there on our rides! We will have each other’s backs, or I should say hearts.

Editor's Letter: Wonder/Wander – John Knowlton

My straight line to Italy has been bent all out of shape. In the February Pedal Press I shared my plan to ride classic climbs of the Dolomites in July. This was my midlife response to having just turned fifty. We had a family trip planned to Germany and Austria, in part to take Julie's 85 year old father to realize a 60 year old dream. He has wanted to attend the passion play in Oberammergau, Germany since he was stationed there by the army in 1960. The town started re-enacting the last week of Jesus' life as a response to the *Pest*, or what we call the black plague in 1634. The whole town participates and it is so consuming that they only stage the play every ten years. Well, the play that started in response to an historic pandemic has been postponed two years by a novel coronavirus pandemic. So, the family trip to Europe is off.

Italy of course is where I planned to ride my bike the week before the family trip in Germany. Northern Italy. Which is currently being slammed by COVID-19. Stories and photos out of the region show a healthcare system massively overwhelmed, on the verge of collapse. Things may well be righted by July, but who knows?

Leading up to my 40,000 feet of climbing in a single week in July I had laid out a training plan like a string of pearls: Starting in January I had 6 days' per week of strength training, indoor spinning, and outdoor riding. The weeks of training connected a big event each month. Melting Mann gravel race in March, Barry Roubaix gravel race in April, Climbing Mount Mitchell in May. One by one my pearls have come unstrung as these events have been cancelled or postponed until the fall. The gyms are closed to strength training and spin classes. Group rides have ceased as we comply with the social distancing orders. All of this leaves me wondering: what will happen next, and when will life return to normal?



And the wondering leads to wandering. My carefully designed training plan has fallen apart. Motivation to train has evaporated. Train for what? The enormity of a health and financial crisis makes my individual striving to climb mountains seem vain, in both senses of the word. Vain as in futile because the trip most likely won't happen. And vain as in conceited, narcissistic, self-obsessed.

At the same time, I know that regular exercise helps me be the best version of myself. In the absence of time on the bike, I become grumpy, irritable, self-pitying. A less than ideal version of John.

So my wondering about the future leaves me wandering – off of my straight line to Italy, off of my plan. Unmoored. That's a good word for it. Like a boat whose warps have slipped off the cleats. And yet I am drawn to the bike. If not for Italy, for something else, something beyond the obvious. Is it grounding? Or maybe connection?

Yesterday, for example, I rode to work (my job is considered an essential service, so I am exempted from the stay at home order). I rode home. And after dinner, Julie and I rode our tandem to visit my parents. On the way we kept the pace easy and conversational. We talked about our kids and our time management and our lives. The necessary and important conversations that knit lives together. When we arrived, mom and dad stayed on their porch and we sat in chairs 25 feet away in their driveway while we talked for twenty minutes. Which I wouldn't have done if I was on an interval ride or doing hill repeats or deadlifts and squats in the gym. So while I have wandered off my straight line to Italy, have I strayed (bumbled?) toward being a better husband and son? Just wondering.

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